

WELCOME TO

RNT ADVANCED



RNTFitness®

TRANSFORM YOUR BODY
TRANSFORM YOUR LIFE

RNTFitness® | www.rntfitness.com | info@rntfitness.com

Did You Know...

More than 50% of weight lost during diets is regained within 2 years. (REF: PMC5764193)

This increases to more than 80% by 5 years.
(REF: PMC5764193)

A child has a 50% chance of becoming obese if one parent is obese. (REF: PMC558282)

A child has a 80% chance of becoming obese if both parents are obese. (REF: PMC558282)

Obese individuals are 62% more likely to miss work days than healthy individuals. (REF: Health Engine)

No One Is Immune!

Despite the shocking stats, most people still don't think it'll happen to them.

Until it does.

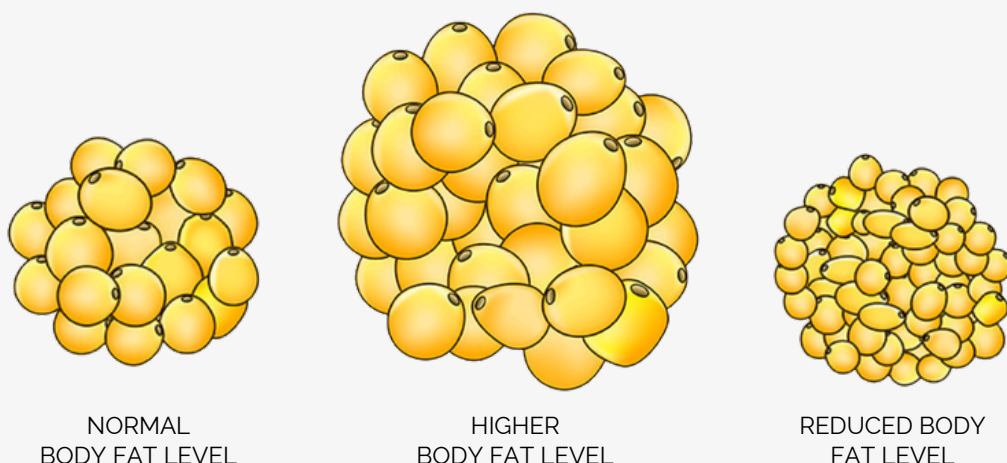
Even Akash wasn't safe from it.

These photos show Akash's 7kg weight gain in the first 7 days after his first bodybuilding show in 2014.



Imagine putting all of this work in, only to be back where you started within a matter of weeks?!

Want to know something even more scary? We're not able to eliminate fat cells, only shrink them.



Unfortunately, that doesn't work the other way around though.

In fact, immediately post-Checkpoint our bodies are primed to **ADD** fat cells. That means that if this period isn't managed well we could end up with more fat cells than when we started!

It doesn't have to be that way, though...

Tom Bridges



Start

Process

Checkpoint

Investment

Reward

Sital Nekarja



Start

Process

Consolidation

Investment

Reward

Whatever you're doing right now isn't a permanent solution unless you make it one.

In our experience, it takes 3 focused years to build a lifestyle solution.

So what's next for you...?

Are You Pre-Checkpoint?

If so, your primary focus will remain getting you to the top of the mountain - your Transformation Checkpoint!



This is an essential part of the long term journey as we need to shred you of the baggage (both physical fat and mental muck) that's been holding you back so far.

Getting into the shape of your life will then provide you with the foundation to stay in shape for life.

Are You Post-Checkpoint?

If so, as part of your Investment Questionnaire, you'll order the following 4 goals in terms of importance to you (1 = highest):



A. Untracked Eating



B. Building Muscle



C. Fitness/Sports Performance



D. Maintaining A Lean Physique

This will help us see which Investment Avatar you are.

From there your coach will consider your unique profile (psychology, background, lifestyle, etc.) to personalise the approach for you.

Let's break each Investment Avatar down...

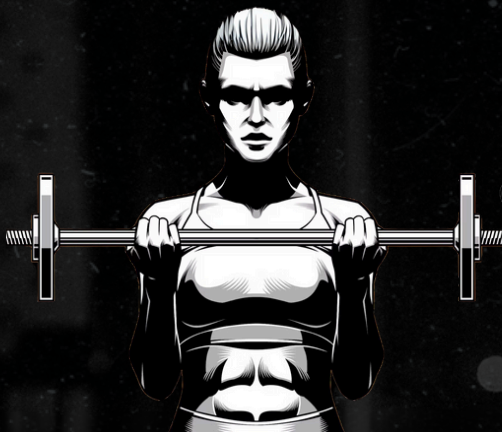
The Investment Avatars



The Lifestyler

Do you want to move away from meal plans, but also still look great?

You'll hold your "sweet spot" weight range, while building up the flexibility you have with your food, until you're eating as you've always wanted.



The Lean Builder

Do you want more muscle, but without fat gain?

You'll maintain a weight range that allows you to perform well (in all areas of life), while focusing on progressing performance in the gym.



The Athlete

Do you enjoy competing in sport and/or have a bucket list challenge to tick off?

You'll have your nutrition, training and cardio all tailored around maximising performance in your specific discipline.



The Lifestyle Muscle Builder

Do you want to maximise muscle gain, while also learning to live long term?

You'll increase your weight in a controlled way, while progressing training performance and slowly moving away from meal plans.



The Lifestyle Athlete

Do you want to maximise your performance in your sport/challenge, while also learning how to eat for life?

You'll incrementally move towards your ideal nutrition set up, while still doing what's needed to achieve your physical pursuit.



The Athletic Builder

Do you want to maximise muscle gain, while also feeling fit?

You'll increase your body weight in a controlled way and drive performance up in the gym, but also stay on top of your fitness too.

Are you going to complete the journey?

Our vision for you is to complete each of the five phases and enter the "holy grail" - The Reward Phase.



This is when you make your fitness journey effortless.

No thinking. No worrying. No obsessive behaviours.

All seamless into your unique lifestyle.

To start thinking about how this looks for you, the questions we love to ask are:

Who do you want to be a year from now? What is the version of you in 12 months doing differently? What would that person say to you right now?

When you figure this out, you'll know if your *why* has evolved...

Then you can leave the *how to get there* up to us!

Speaking of which...

Introducing RNT Advanced



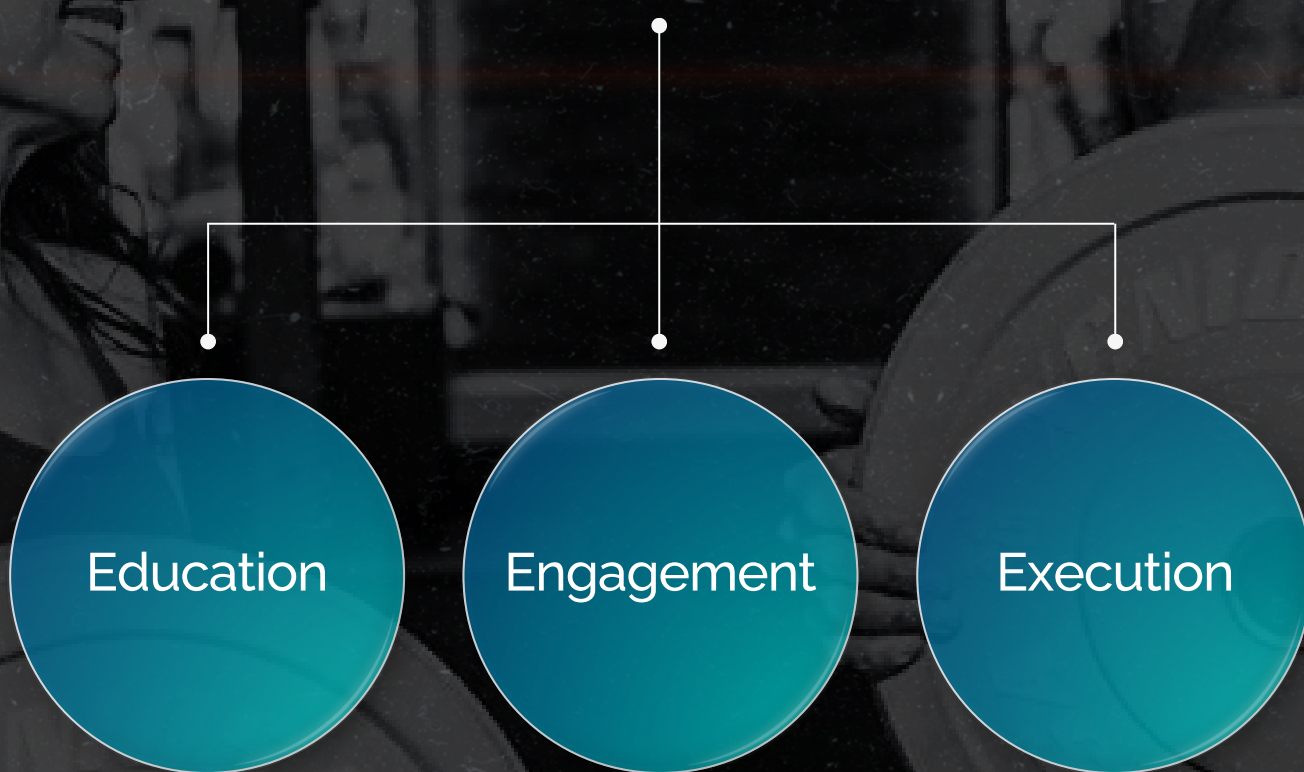
Get into the best shape of your life, ***for life.***

To secure your place on RNT Advanced,
please email info@rntfitness.com.

[Email us today!](#)

RNT Advanced 3 Pillar Framework

On top of everything from RNT Pro...



RNT Advanced Curriculum, focusing on the skills required for long term success.

Exclusive Monthly RNT Advanced Coaching Call.

Using your Lifestyle Solution Questionnaire to adapt your plans to direct you towards your Reward Phase.

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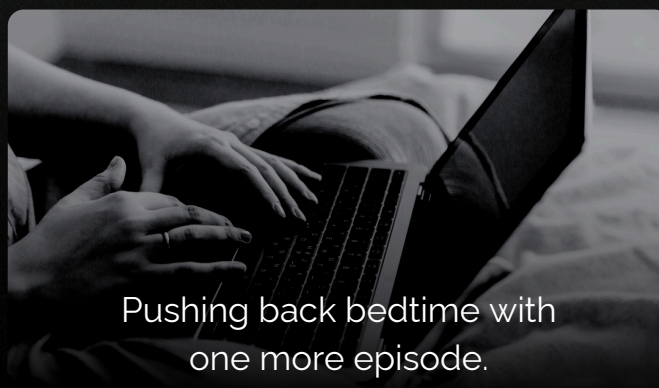
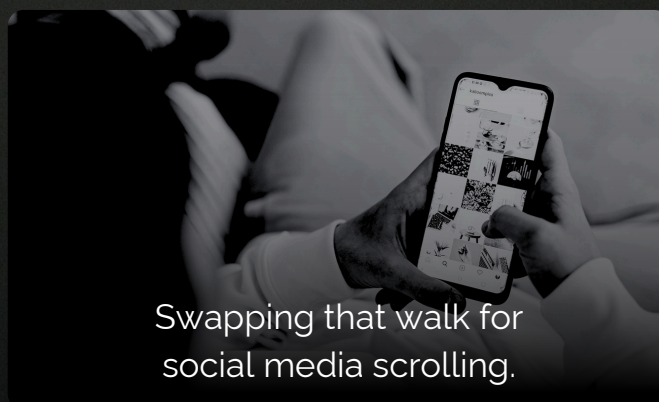
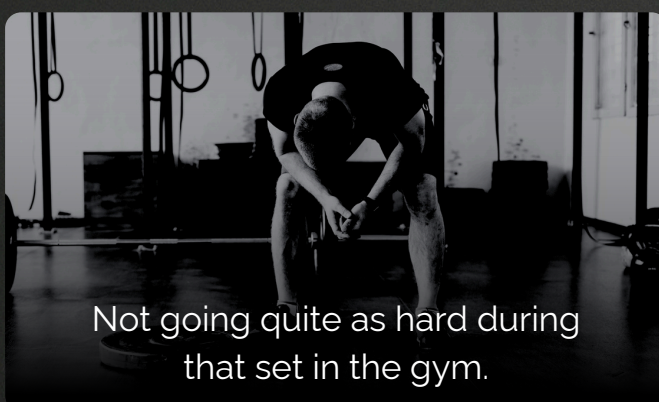
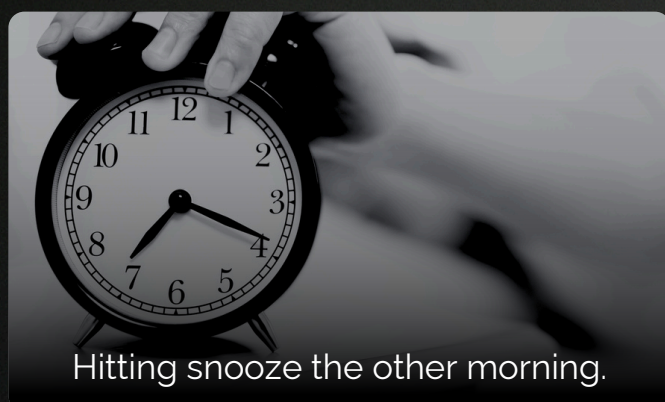
Avoiding A Death By A Thousand Cuts

Going back to those horrifying stats at the start, have you ever wondered how it happens?

It doesn't normally happen quickly. It's rare for someone who's put that much work in to suddenly do a 180 overnight.

It's normally little slips, here and there.

They're so small you don't even notice it at the time.



In fact, they're so subtle that you don't notice them accumulating until it's too late and the damage is done.

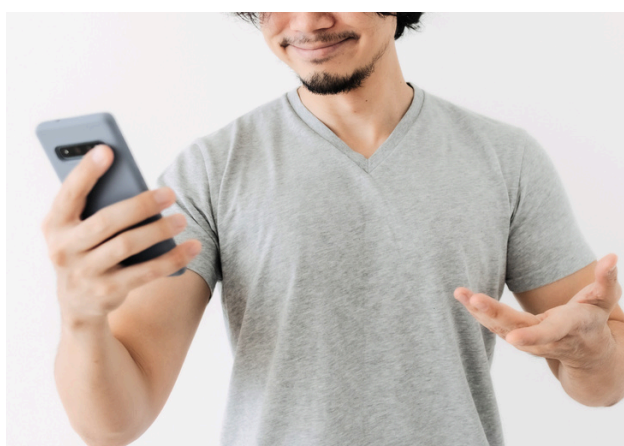
But you suddenly become aware of it when you either:



Step on the scale after a while.



Pull on those old jeans again.



Surprise yourself with how you're looking in a photo!

We don't want that for you though.

That's why we've built **RNT Advanced** for you!

To secure your place on RNT Advanced, please email info@rntfitness.com.

[Email us today!](#)

Don't just take our word for it, though...



Long-term RNTer Dan share the power of accountability to avoid this phenomenon.

[Click here to watch](#)

This is why for example, RNTer Dhiren invested in our RNT Reward Phase Bundle.

After losing 52kg at 50 years young, he knew he needed time to make his solution permanent.



Similarly, RNTer Kalyani described this in her podcast:

"When the decision to renew after my first year came up, I had no choice: 1) I wanted to hit my checkpoint (75lbs down), and most of all, 2) I wanted to finally break the yo-yo cycle, so I didn't want to even think about losing the accountability."

Are you ready for the next level?



Maneesha Ahluwalia

19 April · 🧑

Just signed up for another 12 months! PUMPED!



Minesh Ladwa

5 August 2022 · 🧑

Sharing a quick August win - another year signed up with RNT!

I used to spend so much money on stupid shit. Shit that didn't make one ounce of difference to my life. If anything, the materialistic bullshit satisfied an itch for a brief moment. What RNT has shown me, enabled me to become, the positive impact it has had to my family life are truly priceless. Inherently my decision to continue on this life changing path was instant.

Here is to another 12 months and hopefully beyond! Let's fucking go!!!!

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RNT Advanced FAQs

Will I still have the same coach?

This isn't something we can guarantee, but it is the case most of the time. If it's very important to you then let us know and we'll do our best to accommodate it for you!

Will this change the phase I'm in?

No, where you are across the Five Phases won't change - your goals will remain the same. For example, if you're losing weight in the Process Phase then that will continue to be your focus until you hit your Checkpoint.

Can I speak to someone about my plans for renewing?

Absolutely! If you'd like to book a free call with our Enrollment Coach then let us know by emailing info@rntfitness.com.

I didn't do much in year 1, what should I do?

It's never too late! Sometimes life gets in the way. Sometimes the first trigger isn't enough. Sometimes we just have a false start! That's all very normal.

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Where will you be a year from now?

How will you look, feel and perform?

What will you be achieving?

What does your lifestyle look like?

It's amazing what can be achieved in a year with focused effort towards a clear goal.

However, it's much easier to let those 12 months fly past, letting life get in the way.

Do you want to be in the same place, having spun your wheels?

Or, even worse, be back to where you started, having been victim to a death by a thousand cuts?

Finishing the journey is your choice.

The physical is the vehicle to do things you never thought possible.

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